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HOMEMAKERS' CHAT

THURSDAY, January 18, 1940.

(FOR BROADCAST USE ONLY)

Subject: "RECOGNIZING CUTS OF MEAT." Information from the Agricultural Marketing Service, U. S. Department of Agriculture.

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The school of experience gradually teaches homemakers something about the different cuts of meat and how to select them at the retail market. But learning that way is slow, and while this is going on, many good meat dishes are overlooked. It's so easy to say "I'll take a steak", or "I'll take some chops", as you are able to identify steaks and chops and know how to cook them.

If you are a new housekeeper or one who has used only a few of the many meat cuts, the simplest way to obtain more information about meats is to take your meat dealer into your confidence. Ask him to show you how a carcass is cut up and how to identify the different cuts. If you live on a farm and are helping at butchering time it's well to know how to recognize all the different cuts so you can mark the names of the cuts on the packages before storing them in the freezer locker. Or so you can tell which are the less tender cuts which are to be used for canning.

The United States Department of Agriculture has five leaflets on cooking different cuts and kinds of meat. But before we get to those tips on cooking, let's hear what Mr. C. V. Whalin, in charge of the livestock and meats work of the Agricultural Marketing Service has to say about selecting meats for the home. Mr. Whalin says it is not enough for a housewife to know in general what part of a carcass a piece of meat comes from. She should be able to identify both the quality and cut so as to have a clue as to the best method of cooking it. He explains as follows:

"Beef, lamb, and veal carcasses are always cut into four quarters which

correspond to their four legs. The cut which divides the hindquarters from the forequarters is usually made between the 12th and 13th rib. One rib remains on the hindquarters. Pork is cut a little differently. After it is cut in halves lengthwise each half is divided into four main parts- the leg or ham, the loin, belly, and the shoulder. Various other cuts are usually derived from these. The wholesale cuts of pork are much the same the country over, but there are a number of differences in the way other meats are cut.

"The cuts of lamb are very easy to recognize. A lamb is first cut thru the back into the 'hindsaddle' and the 'foresaddle'. Then the retailer splits the saddles into halves, so that the lamb is finally in quarters. Except that all the ribs or all the loin cuts on both sides in either 'saddle' are sometimes sold as an extra choice roast.

"The hindquarter of lamb contains the leg roast and the loin chops. The forequarter contains the rib or French chops, the chuck or shoulder, and the breast. Sometimes the shoulder is cut into chops, but more often the shoulder is sold for roasting, either as it stands, or boned and rolled. The inexperienced buyer can identify shoulder lamb chops by their irregular shape and extra bones.

"Cuts of veal are almost the same as those of lamb. But as the hind leg of a calf or veal carcass is much larger than the leg of a lamb, the veal leg is generally sliced at right angles to the bone into cutlets. The shank is sold for stewing or soup-making. There is a rump section between the first cutlet and the loin chops which is often roasted. It corresponds to the rump of beef.

Now about beef. Mr. Whalin explains that "because the beef carcass is so large many more cuts are obtained than from other kinds of meat carcasses. But if the housewife will think of beef as simply a larger version of the calf or veal carcass, she should have no trouble identifying the cuts suited to the cooking method she wishes to use."

"Mr. Whalin says that the meat of practically all young animals is tender. That includes pork, lamb, and veal. The tenderness of a muscle of beef depends on the amount a particular muscle was exercised while the animal was on the hoof, and the way the muscle fat is deposited and distributed.

"The hindquarter of beef contains the wholesale cuts known as the round, the rump, the flank, and the loin, corresponding to the leg and the loin of veal. Depending on their thickness, the housewife gets about 3 small club or delmonico steaks from the beef loin, then 8 porterhouse or T-bone steaks, and 6 sirloin steaks. A muscle commonly called the 'tenderloin' runs the length of the loin along the back bone and is cut across when the T-bone and sirloin steaks are made. If stripped out of the loin and made into 'filet mignon', this muscle is considered the choicest cut of beef in the whole carcass.

"The rump is usually sold for roasts and pot roasts, or as rump steaks. The round is generally used for Swiss or braised steak, for grinding as Hamburger, or for pot-roasting. The shank meat on the leg is used for stews and soups. The 'flank steak' is not connected with any bone, but is found on the under side of the hindquarter. It is used for steaks, and stuffed roasts.

"The first 7 ribs of the rib cut are the most desired cuts in the forequarter of beef. Two or three ribs are often cut off together for a roast. 'Chuck' roasts are those large pieces composed of several muscles and they contain rib, blade, and back bones. The chuck cuts extend from the 7th rib to the neck. These pieces are cut up in various ways for braising, pot-roasting, stewing. They may be boned and rolled, or ground up for Hamburger. Meat from the fore shank, the brisket and plate, which form the lower part of the forequarter are used for stews and broiling meat.

"Now let's check over the main points: 1. Except for pork, which is cut into 8 parts, the carcasses of meat animals are divided into 2 hindquarters and 2 forequarters. 2. All meat from young animals is tender. 3. Tenderness of meat from older animals depends on the amount the muscles were exercised, and the amount of fat deposited throughout the cut."

And now, as for cooking these cuts, those five leaflets we mentioned at first are: No. 17, Cooking beef according to the cut; No. 28, Lamb as you like it; No. 45, Pork in preferred ways; No. 81, Cooking cured pork; and Miscellaneous Publication 216, Meats at low cost. These are all free from the U. S. Department of Agriculture.

